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LOONIE PLUNGES, INTEREST RATE CUT, BUT 'IT'S NOT A TRUE RECESSION'

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Glasses the only sign of woman

UPDATE

Public's help sought in hunt for missing Thelma Krull

Shane Gibson
Metro | Winnipeg

Winnipeg police say they have found no trace of Thelma Krull except her glasses.

The 57-year-old was last seen heading south on Filbert Crescent in Harbourview South on July 11 around 7:23 a.m. Her family tells Metro she'd been walking long distances to get ready for a week-long charity hiking event being held B.C. in September.

At a news conference that included her husband Robert Krull Wednesday, Det. Sgt. Shaunna Neufeld of the WPS missing-persons unit told media the missing woman's glasses were found around the Valley Garden Community Club, the same area where police focused their search efforts Tuesday.

Missing woman Thelma Krull's husband, Robert Krull, speaks at a police news conference Wednesday.
SHANE GIBSON/METRO

Neufeld pleaded with homeowners and businesses in the area to check their surveillance videos for signs of Krull walking by.

"We're not ruling out anything in this investigation," she said. "We don't know what happened to Thelma.... As each day goes by, we get more and more concerned."

Robert Krull told reporters he was asleep when his wife left for her walk, and he added they had a happy evening together the night before she disappeared.

He said he was grateful for all the outpouring of support the family has received.

"I just want to thank everyone that's helped, every organization that helped in searching," he said. "This is Winnipeg. It's a great city, but we need your help."

Krull's daughter, Lisa Besser, told Metro earlier this week it wasn't unusual for her mother to be gone for as long as two hours on her walks, but family became concerned when she didn't return in time for her grandson's birthday party Saturday afternoon. WITH FILES FROM ELISHA DACEY

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200 YEARS OF UFO SIGHTINGS IN WINNIPEG

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Your essential daily news

Riots erupt on deadline day for Greece. **World**

Active Transportation plan moves forward

CITY COUNCIL

Wyatt storms out of meeting, tacks posters to mayor's office

Dave Baxter
Metro | Winnipeg

The long and sometimes ugly battle over an active transportation plan for Winnipeg is finally over, and those who support it came out on top.

Council voted 12-3 in favour of the $330 million, 20-year Pedestrian Cycling Strategy, which looks to get more people walking and cycling in the city, despite a number of motions from five councillors that asked for significant changes to the strategy.

Couns. Jeff Browaty, Russ Wyatt, Ross Eadie, Jason Schreyer, and Shawn Dobson spoke out against the plan, and recently took out radio ads opposing it.

Twenty motions proposing amendments to the plan were brought to city council Wednesday, but 11 councillors voted to kill them.

That caused some drama as Coun. Russ Wyatt stormed out of the council meeting and posted the rejected amendments on Mayor Brian Bowman's office door with "democracy denied" written on them.

> **The bike lobby has hijacked this process.**
> Coun. Jeff Browaty

Coun. Russ Wyatt posts rejected amendments on Mayor Brian Bowman's office door with "democracy denied" written on them. DAVE BAXTER/METRO

Wyatt refused to speak after posting the amendments on the door, and did not return for the rest of the council meeting that went on long after he left.

"These types of antics, they're at worst bullying tactics, and at best they are unbecoming of an elected member of city council," said Bowman.

Bowman thinks the vote ultimately shows where council stands on the plan.

"The ultimate vote was pretty decisive, actually," said Bowman.

Coun. Janice Lukes said claims by Coun. Ross Eadie that recommendations in the strategy will be difficult to change over time if the strategy passes are false.

"And that is wrong," said Lukes. "If you look at what the definition of a policy is, a policy is something that guides and recommends."

Coun. Jeff Browaty said the plan wasn't supported by Winnipeggers.

"I don't think this represents the vast majority of people. The bike lobby has hijacked this process," said Browaty.

"I think this could have been a really great progressive thing for our city. I just think the document before us here today is a failure before we even started."

The plan passed with Browaty, Dobson and Eadie voting against it.

Surprisingly, after putting his name on radio ads opposing the plan, Schreyer voted in favour.

Wyatt did not return to the meeting to cast his vote.

CITY COUNCIL

Parmalat land deal in St. Boniface goes through

Winnipeg city council has approved the sale of city-owned land for a new milk-processing plant.

The city, the province and multinational dairy and food company Parmalat have agreed to contribute more than $5.5 million to service land for the plant in St. Boniface.

The new plant will replace the current aging one in St. Boniface.

The city said earlier this week there was a time constraint on the deal, because Parmalat is under pressure to increase production. However, Coun. Russ Wyatt chastised the deal, saying it was rushed through council.

"I have not had a chance to read this and even understand what we're voting for," said Wyatt.

Wyatt said he supports the project and Parmalat employees, but added he couldn't support the plan because of the process with which it went through council.

The proposed agreement would have the city paying up front, but it would recoup the money over 18 years through property and business taxes from the new plant.

Coun. Jenny Gerbasi called the deal a "good news story."

"We had a problem, and the administration and the mayor basically went and solved it really quickly," said Gerbasi.

"Sometimes doing things quickly is a good thing when it solves a problem."

Council voted in favour of the deal 15-1, with only Wyatt voting against it. THE CANADIAN PRESS WITH FILES FROM DAVE BAXTER

IN BRIEF

Business bureau warns of advance fee loan scam

The Better Business Bureau is warning Winnipeggers about a local company asking for a cash deposit up front to secure a loan.

The BBB say its received numerous complaints since June about ClearPoint Credit asking for money to pay a financial security deposit or insurance cost after a consumer has been approved for a loan, but before it's been paid out.

Customers were told the deposit would be credited to the outstanding balance, or refunded in full, after six months of payments. After paying administrative costs, customers never received their loan and attempts to communicate with the company were unsuccessful, according to the BBB.

Anyone who has dealt with ClearPoint Credit is asked to contact the BBB or the Manitoba Securities Commission. METRO

Downtown parking decision will wait till winter

A decision on what to do about evening downtown parking will be delayed until at least December.

Council has considered charging for parking, or continuing to offer it for free with two-hour time limits for about 900 spots around the MTS Centre.

A motion by Coun. Jeff Browaty asked council to hold off on a decision until further studies. Council voted unanimously on Browaty's motion and results of the study are due back in December. DAVE BAXTER/METRO

Bike barricades going back up in Winnipeg

Barricades to stop people from driving on Sunday/Holiday bike routes are going back up. The city is now fining people about $185 for driving more than one block on four designated routes on Sundays and holidays. But some have complained that signage replacing barricades is not properly notifying people they can't drive on those routes.

On Wednesday city council voted to put barricades back up to keep people off the routes. DAVE BAXTER/METRO

TODAY'S FRINGE FESTIVAL PICKS

Metro Winnipeg and CBC Manitoba present a selection of reviews

2 Ruby Knockers, 1 Jaded Dick: A Dirk Darrow Investigation

Australian comedian and magician Time Motley takes us into a 1930s speakeasy, where crime sprees abound and the dames are lethal. The whodunit plotline that unfolds winds its way around magic, psychic readings, and card tricks. It is fun and funny.

Motley plays a hard-boiled detective who is a master crafter of puns (though I lost track of the number of times he made double entendres about the word "dick"). Lots of audience participation will make each show unique, as Motley tries to convince us he's reading the minds of the folks attending. And he may leave you thinking he's pulled it off — in the performance I saw, he accurately predicted audience members' favourite colours, movies, and the destination of their next trip. How? Trying to figure that out is a big part of the fun here.

But it doesn't take a mind reader to see that Motley is an excellent storyteller, and he weaves together his unique mix of magic and murder in an extremely entertaining way.

ROSIE FERNANDEZ, TORONTO FESTIVAL

Graham Clark Reads the Phone Book

When Graham Clark performed at last year's Toronto Fringe, a reviewer for Now Magazine claimed that Clark "could crack you up just reading the phone book." And this year, he proves it.

Clark walks onstage to the 1982 hit "867-5309/Jenny" by Tommy Tutone, and says "Let's get to it." He begins to read through a phone book, musing on the listings and using them as starting points to reflect upon hilarious moments in his own life — for example, calling 911 in the U.S.

Clark is a comedy pro, having performed at Just for Laughs, and he writes for shows like CBC Radio's The Debaters. He's a natural on-stage with a casual and welcoming presence. And he's so, so funny. I did not stop laughing once during the show.

My only criticism? It felt too short. Clocking in at approximately 45 minutes, I don't think anyone in the audience was ready to leave.

ROSIE FERNANDEZ, TORONTO FESTIVAL

Lust and Marriage

I was prepared to hate it.

These days, there's an exhaustion that washes over me when I go to yet another show that purports to titillate with sexuality.

Lust and Marriage isn't like that.

Part sexual coming-of-age story, part epistolary drama (a series of correspondences between the main character and sex advice columnist Dan Savage), playwright and one-woman performer Eleanor O'Brien delivers a mature look at the state of modern love. And sex. And relationship(s).

Beautifully structured, it's easy to see Fringe phenom TJ Dawe's expert hand in the dramaturgy. But it is the personal charm, and unflinching honesty of performer Eleanor O'Brien that really makes Lust and Marriage.

Sure, cutting out the predictable coming-of-age intro would cut the 75-minute show down to a much more palatable hour. No matter. It is just so damn refreshing to see a sex show with its big girl pants on. See this show.

MICHELLE PALANSKY, MONTREAL FESTIVAL

FIND MORE REVIEWS AT CBC.CA/MANITOBA/FEATURES/FRINGE/

FESTIVAL TIME TO GET YOUR FRINGE ON, WINNIPEG
Amica Hunter gets a lift from David Canter at the Fringe Festival's official kickoff at Old Market Square over the lunch hour Wednesday. The Portland-based duo's show, Beau & Aero, is one of the 181 lined up for year's festival.
SHANE GIBSON/METRO

Rescue saves eye-less dog, needs donations

CANINES

Surgery costs leave Manitoba Mutts strapped for cash

Shane Gibson
Metro | Winnipeg

Manitoba Mutts is making a plea for donations after vet bills piled up for Pepi, an eight-year-old mutt with no eyes, the organization rescued last month. HANDOUT

Manitoba Mutts knew rescuing a dog without eyes was going to be a challenge. But they couldn't have known Pepi, an eight-year-old pup with no eyes found in the Springfield area last month, would die within days without expensive emergency care.

"When you're told you have an eight-year-old small dog has been found with no eyeballs — we don't get many phone calls like that — the instinctual answer is yes, absolutely yes, we'll take him," said Manitoba Mutts spokesperson Colleen Holloway. "But it's kind of a roulette wheel when you bring in a dog, and when he came in he was starting to show some signs that he wasn't feeling so great."

After Pepi refused water for a couple days he was taken in for tests which came back positive for canine parvovirus, a deadly but preventable viral disease that attacks cells in an unvaccinated dog's body and severely affects the intestinal tract.

Holloway said dogs can die within a few days of canine parvovirus symptoms showing.

"Fortunately we caught it early," she said, adding the $1,100 worth of lifesaving treatments — combined with the vet bills needed for the rescue's other dogs — has left Manitoba Mutts financially strapped. "It's thousand dollars here, it's two thousand dollars there, it's a thousand dollars coming up, and eventually you go 'OK we can't risk bringing in another dog because if we have another $2,000 vet bill we're toast.'"

Manitoba Mutts has had to start dipping into their reserve funds and is asking Winnipeggers help them get through the crunch by making donations at manitobamutts.org.

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The Trews: Not Russell Brand

BACKSTAGE PASS

The Trews web series by British comic melds 'news' and 'true'

Jared Story
Metro | Winnipeg

Despite beating him to the punch, The Trews has to share its brand with Russell Brand.

The Nova Scotia-born band, which rose to the top of the Canadian rock charts in 2003 with its hit single Not Ready to Go, has the same name as the English comedian's politically-charged web series, which debuted in February 2014.

Search "The Trews" on YouTube and you'll get Brand's version, a portmanteau of "true" and "news."

"The thing is YouTube is all about who's pushing out the most content, and because he does his stuff daily, we can't keep up," says The Trews guitarist John-Angus MacDonald.

MacDonald is joined in the band by his brother and vocalist/guitarist Colin MacDonald, bassist Jack Syperek and touring drummer Gavin Maguire.

"We'd have to do a video blog every single day of our lives in order to keep up with his content. It's just something we've got to live with."

Standing by its name, The Trews — the band, not the Brand — chose to self-title its fifth studio album, released in April 2014.

The record was funded through PledgeMusic, a crowdsourcing campaign that included some premium perqs.

"We did everything from invite fans into the studio to meet and greet to actually sing on the album," MacDonald says.

"The current single Under the Sun has a big gang vocal chorus at the end. That's our fans in the studio. It was a cool, engaging way to do it."

Other friends featured prominently on the album include Juno Award-winner Serena Ryder, cellist Anne Bourne and in spirit, Paul Gourlie, The Trews' former agent.

The Trews headline MTS Super-Spike at Maple Grove Rugby Park Saturday. CONTRIBUTED

Gourlie died in 2013 at age 37 from cystic fibrosis. The song 65 Roses was written in his memory.

"We were at his memorial service and there was a charity you could donate to called 65 Roses," MacDonald says.

> **The current single Under the Sun has a big gang vocal chorus ... that's our fans.**
> John-Angus MacDonald

"It's the way they teach kids to pronounce cystic fibrosis because it's such a mouthful for a young person to say, so they say: Just say '65 roses.'

"That broke my heart on the spot, so that's where that song came from."

The Trews headline MTS Super-Spike at Maple Grove Rugby Park Saturday at 10 p.m.

Super-Spike runs Friday and Saturday and also feature such Winnipeg acts as Moses Mayes, The New Meanies and Mise en Scene.

Weekend passes are $35 at ticketweb.ca

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Two centuries and 2,000 UFOs: Manitoba's history of sightings

FLYING SAUCERS

Researcher finds province no stranger to phenomenon

Shane Gibson
Metro | Winnipeg

A Winnipeg-based UFO researcher has combed through years of data and determined unidentified flying objects have been spotted more than 2,000 times in the skies over Manitoba in the last 200 years.

Chris Rutkowksi has been researching reports of UFOs across Canada since the 1980s and has prepared the annual Canadian UFO Survey for the past 25 years.

This year he also decided to probe historical records, American and Canadian military and government documents, media reports, and private databases in his home province and published the findings on his Ufology Research blog this week.

"Certainly many of the reports are explainable as stars and planes or satellites, so this by no means tells us that Manitoba is being invaded," he said. "But what it does say is that Manitobans share in the global phenomenon and have been for a number of years.

"It shows us a different kind of history of Manitoba."

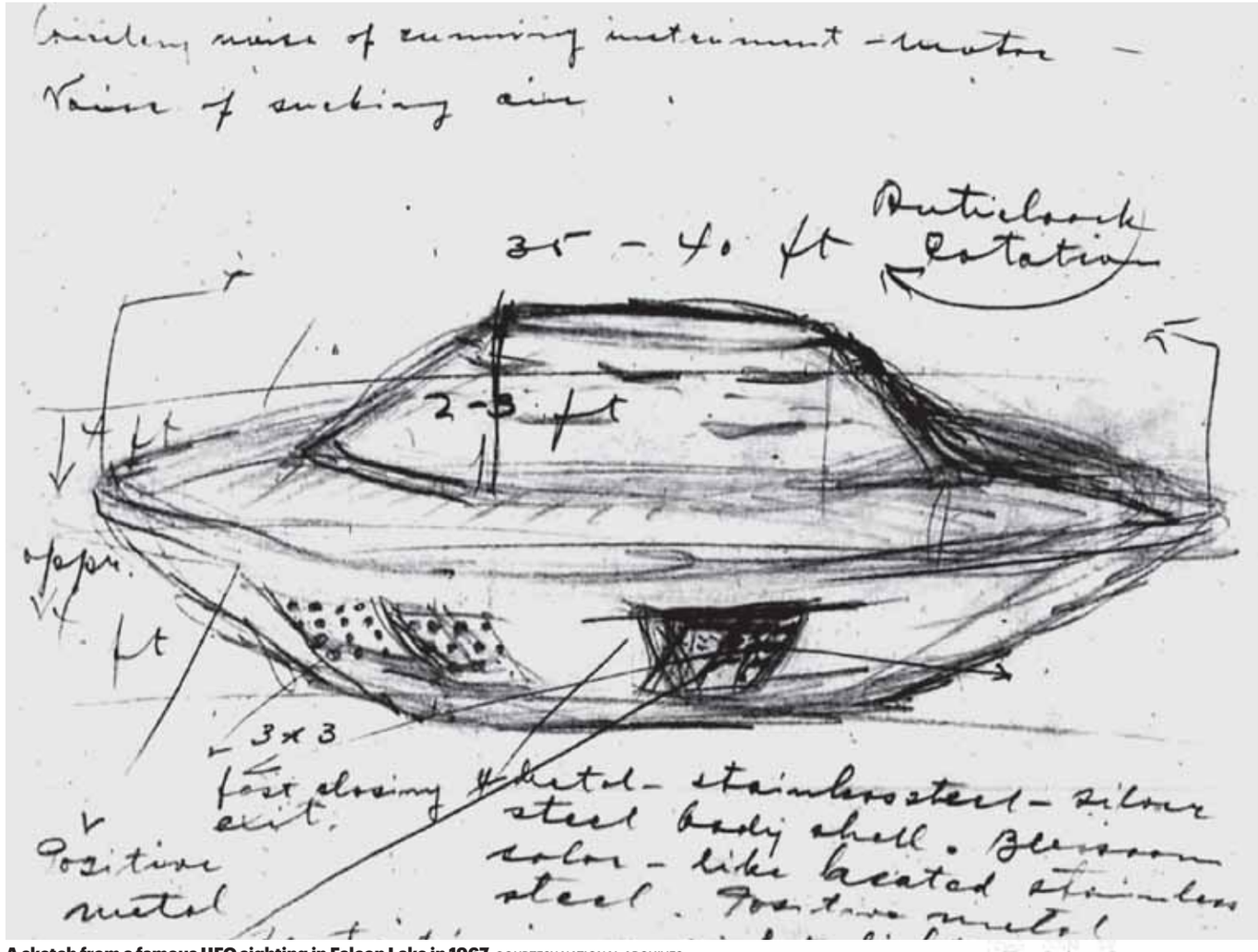
The reports range from strange lights moving through the skies to claims of abductions and Rutkowksi says 17.5 per cent of them are classified as "unexplained".

Of the 2,023 reports Rutkowksi uncovered, the majority — 767 — come from Winnipeg, and he also found right now might be the best time to have a close encounter of the third kind, with UFO reports peaking across the province in July and August.

Rutkowksi, who's published several books on UFOs, said he hopes his Manitoba-specific data will spur researchers to the same in other areas of Canada.

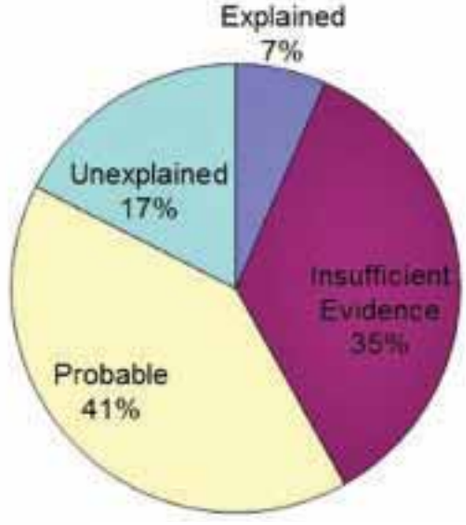
"It's quite unique in that there hasn't been a study comparable to this anywhere else in Canada," he said. "We hope that we're setting the pace with this."

Manitoba UFO researcher Chris Rutkowksi. COURTESY MIKE LATCHISLAW



A sketch from a famous UFO sighting in Falcon Lake in 1967. COURTESY NATIONAL ARCHIVES

One Mrs. Bereziuk, who lived in Sundown, Man., claimed to see a UFO in 1977. COURTESY NATIONAL ARCHIVES



BREAKDOWN OF TOTAL MANITOBA REPORTS BY CONCLUSION

BEST PLACES TO WATCH THE SKIES

Top five spots to see a UFO in Manitoba, according to Ufology Research:

1. Winnipeg (767)
2. Carman (53)
3. Brandon (45)
4. Thompson (40)
5. Sperling (36)

Cuban rowers win silver then defect to the U.S.

PAN AM GAMES

4 members of national team cross border after event

Four Cuban rowers have defected from the Pan American Games and travelled to the United States, their coach said Wednesday.

Liosmel Ramos and Wilber Turro dropped out before the regatta began on Saturday, while Manuel Suarez and Orlando Sotolongo competed in earlier races and then withdrew, said coach Juan Carlos Reyes. The four have been in touch with teammates through Facebook, Reyes said.

The Games rowing venue in St. Catharines, Ont., is only a few kilometres from the U.S. border.

Games officials said Wednesday morning that they weren't aware of the defections.

"I'm not aware of the specific point but we have a protocol that we would follow. This is something that is dealt with through our integrated security unit and if necessary, through the relevant national Olympic committee," said Games CEO Saad Rafi.

Defector Orlando Sotolongo, left, with his silver medal teammates. PETER POWER/THE CANADIAN PRESS

> **We have a protocol that we would follow.**
> Games CEO Saad Rafi

Cuban refugees can apply for permanent residence a year after being cleared that they have no criminal or prior immigration history, U.S. Customs and Border Protection said in a statement.

Before defecting, two of the rowers had won silver medals at the Pan Am Games: Sotolongo, 18, placed second in the men's quadruple sculls, as did Suarez, 25, in the men's coxless fours.

Turro, Ramos and Suarez won gold together in the men's lightweight coxless four at the 2011 Pan Am Games in Mexico.

Dozens of athletes, many from Cuba, have defected during international sports events over the years.

Eight members of the Cuban delegation defected when Canada last hosted the Pan Am Games in 1999. When Winnipeg first staged the Games in 1967, a Cuban boxer defected shortly after winning a gold medal.

Two players from the Cuban women's soccer team defected in 2011 after facing off with the Canadian team in Vancouver in an Olympic qualifying match. They reunited with relatives in the U.S. And three Cuban soccer players fled to the U.S. the night before a World Cup qualifying match in Toronto in the fall of 2012. They now play for a professional league in Charleston, S.C.

THE CANADIAN PRESS

VOLUNTEERISM

Medal honours giving

A new official honour has been created to recognize Canadian volunteers.

The Sovereign's Medal for Volunteers will be awarded to those who have made a significant, sustained, unpaid contributions to their community.

Governor General David Johnston announced the establishment of the new medal — which replaces the Governor General's Caring Canadian Award — Wednesday, following its approval by the Queen. He says the medal will emphasize Canada's commitment to giving.

The last federal budget gave the governor general an additional $2.8 million per year to update Canada's existing honours system in a bid to bring it more into the modern era.

The Sovereign Medal will bear two intertwined hearts, symbolizing generosity and the action of caring, while its ribbon will incorporate the blue and gold colours of the prior governor general's award while adding a deep red colour to represent the sovereign. THE CANADIAN PRESS

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PREMIERS' MEETING

PM Harper's absence called 'a slap in the face'

Canada's premiers support the Truth and Reconciliation Commission's recommendations and will act on them with or without Ottawa's help, Newfoundland and Labrador Premier Paul Davis said Wednesday.

"We will together, jointly, make this happen," Davis told a news conference after hosting provincial and territorial leaders and the heads of five national native groups in Happy Valley-Goose Bay, N.L.

Davis said the provinces have not only pledged to act on the commission's 94 recommendations but, in some cases, have already started.

"They're important commitments that we need to follow up on." Otherwise, what Davis described as the commission's important work could be wasted, he said. Prime Minister Stephen Harper's long-standing absence from first ministers' meetings is a missed chance for collaboration, Davis said.

"We all believe that the federal government should be providing that leadership. In the absence of the federal government, instead of just letting it sit and wait, we're going to take those steps."

> **We will together, jointly, make this happen.**
> N.L. Premier Paul Davis

Davis said Manitoba will host a second national roundtable on missing and murdered aboriginal women to follow up on last winter's event in Ottawa.

The RCMP has reported that almost 1,200 aboriginal women have been murdered or have vanished since 1980. The 2011 National Household Survey suggests indigenous women make up 4.3 per cent of Canada's female population, but police say they're victims in 16 per cent of female homicides and account for 11 per cent of missing women.

The premiers made a united push last summer for a public inquiry into the issue but Ottawa has refused.

Dawn Lavell Harvard, president of the Native Women's Association of Canada, said she was pleased with Wednesday's meeting despite what she called a lack of respect from Ottawa.

Violence against indigenous women and girls is "a grave violation of human rights," Lavell Harvard told the closing news conference. She lashed out at the federal government for not attending, saying it was "an insult to the memories of those women and girls" and "a slap in the face."

Assembly of First Nations National Chief Perry Bellegarde said he was satisfied that the provinces are taking the Truth and Reconciliation Commission report released last month seriously.

It described as "cultural genocide" the suffering borne by generations of aboriginal children in once-mandatory residential schools.

It estimated more than 6,000 boys and girls — about one in 25 — died in the institutions. Scores of others endured horrific physical and sexual abuse.

Bellegarde said Canada now must close the quality-of-life chasm between aboriginal and non-aboriginal people.

"That gap is not good for our people. It's not good for the provinces, and it's not good for the country."

THE CANADIAN PRESS

Protesters march in front of the Greek parliament in Athens Wednesday. LOUISA GOULIAMAKI/AFP/GETTY IMAGES.

Greek deal for bailout sparks riots

EUROZONE

Anti-austerity protesters hurl petrol bombs as debate kicks off

Rioters hurled petrol bombs at police who responded with tear gas as an anti-austerity demonstration outside parliament turned violent Wednesday, while Greek lawmakers began debating contentious measures needed to start negotiations on a new bailout and avoid financial collapse.

Groups of youths among the more than 12,000 protesters smashed storefronts and set at least one vehicle alight. The clashes were the first significant protest violence since the left-wing Syriza government came to power in January promising to repeal bailout austerity. Police said at least 50 people were detained.

The protest was timed to coincide with the start of debate on the bill, which includes consumer tax increases and pension reforms that will condemn Greeks to years of more economic hardship.

The bill has fuelled anger among the governing left-wing Syriza party and led to a revolt by many party members against Prime Minister Alexis Tsipras, who has insisted the deal forged early Monday was the best he could do to prevent Greece from crashing out of Europe's joint currency.

"I must tell you, that Monday morning at 9:30, it was the most difficult day of my life. It was a decision that will weigh on me for the rest of my life," said Finance Minister Euclid Tsakalotos.

"I don't know if we did the right thing. But I know we did something with the sense that we had no choice. Nothing was certain and nothing is," he said as the debate kicked off.

> **I don't know if we did the right thing.**
> Euclid Tsakalotos, Finance Minister

Alternate Finance Minister Nadia Valavani resigned from her post, saying she could not vote in favour of the bill.

In a letter she sent to Tsipras on Monday, Valavani said she believed "dominant circles in Germany" were intent on "the full humiliation of the government and the country."

The deal calls for Greece to pass new austerity measures in return for the start of negotiations on a third bailout worth about 85 billion euros ($93 billion) in loans over three years. THE ASSOCIATED PRESS

SPACE

Scientists amazed by close-ups of Pluto

Scientists have released the first up-close images ever of Pluto and its big moon Charon. And they say they're amazed.

The long-awaited images were unveiled Wednesday in Maryland, home to mission operations for NASA's New Horizons spacecraft.

A zoom-in of Pluto reveals an icy range about as high as the Rockies. To the scientists' great surprise, there are no impact craters. On Charon, deep troughs and canyons can be seen.

The images were collected as New Horizons swept within 12,400 kilometres of Pluto on Tuesday, becoming Pluto's first visitor in its 4.5 billion-year existence.

Scientists didn't know until Tuesday night — when the spacecraft phoned home — that the encounter was a success. THE ASSOCIATED PRESS

This image provided by NASA on Wednesday shows a region near Pluto's equator. NASA/JHUAPL/SWRI VIA THE ASSOCIATED PRESS

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BoC cuts key interest rate

FINANCE

Loonie dives to post-recession low with rate reduction

The Bank of Canada cut its key interest rate on Wednesday, slashed its outlook for the economy and predicted a contraction in the second quarter due to lower oil prices and slumping exports — but the central bank governor wouldn't describe the country's economic woes as a recession.

The bank cut its target for the overnight rate by a quarter of a percentage point to 0.5 per cent, sending the Canadian dollar plunging to a post-recession low.

The loonie was down more than a full U.S. cent Wednesday afternoon to levels not seen since March 2009, when Canada was in the midst of a deep recession.

At one point, Canada's dollar was worth about 77.29 cents US, down from the previous close, but had been even lower earlier in the day.

TD Canada Trust was the first of Canada's banks to respond, though it only passed part of the rate cut as it reduced its prime rate by a tenth of a percentage point to 2.75 per cent. Moves in the prime rate directly affect the amount charged on loans such as variable rate mortgages and floating rate lines of credit.

> **It's not a true recession, since an employment decline hasn't joined in.**
> Avery Shenfeld, CIBC chief economist

The central bank also explained its lower outlook for economic growth — from 1.9 per cent earlier this year to 1.1 per cent — is due to Canadian oil producers cutting their investment plans by close to 40 per cent this year, compared with an earlier estimate of about 30 per cent.

"It's not a true recession, since an employment decline hasn't joined in with the tumble in output measures, but the GDP decline opened a window for a further ease by a dovishly inclined Bank of Canada governor," CIBC chief economist Avery Shenfeld said following the bank's announcement.

Slowing growth in China and non-resource exports faltering — a trend the bank described as "a puzzle that merits further study" — have also played a part in Canada's economic difficulties.

Nonetheless, Bank of Canada governor Stephen Poloz said exports are expected to fuel growth in the second half of the year.

The rate cut marked the second time this year that the Bank of Canada has reduced its target for the overnight rate. By slashing it, the central bank is hoping to jumpstart the economy by making it cheaper for consumers and companies to borrow money.

Economists had been split in their predictions about what the Bank of Canada would do, with most, but not all, calling for a rate cut. THE CANADIAN PRESS

Bank of Canada Senior Deputy Governor Carolyn Wilkins, left, looks on as Governor Stephen Poloz responds to a question during a news conference in Ottawa on Wednesday. THE CANADIAN PRESS

IN BRIEF

Amazon hits Prime target
Amazon aimed for Christmas in July with its much-hyped "Prime Day" sale. But some shoppers found a lump of coal instead. The online retailer said Prime Day would offer bigger sales than those during the winter holiday shopping season, but some Amazon customers were disappointed by Prime Day. Some thought the discounts weren't deep enough. Early data showed the promotion boosted sales, though. Amazon said by 1 p.m. on Wednesday, the speed with which customers were ordering had already surpassed 2014 Black Friday.
THE ASSOCIATED PRESS

market minute

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TSX 14,662.88 (+62.88)
OIL $51.41 US (-$1.63)
GOLD $1,147.40 US (-$6.10)

NATURAL GAS: $2.92US (+7.8¢)
DOW JONES: 18,050.17 (-3.41)

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APPLE

Revamped iPod Touch gets faster processor, improved camera

Although the iPod's popularity has waned, Apple is updating its music player for the first time in nearly three years by giving the flagship Touch model a faster processor and better cameras.

The new iPod Touch also enables Apple Music, a $10-a-month service that offers unlimited playback of millions of songs. Apple Music launched June 30 as music fans increasingly embrace subscriptions over pay-per-song services such as Apple's industry-leading iTunes.

Although music players existed before the original iPod's debut in 2001, the iPod was the first to simplify syncing with digital music collections on personal computers. It was Apple's first success beyond personal computers and began a company transformation that led to the iPhone in 2007, the iPad in 2010 and the Apple Watch this year.

Many people now listen to music on smartphones rather than iPods, though. Sales of iPods peaked at nearly 55 million in fiscal 2008, the year after the iPhone came out. In the most recent fiscal year, which ended last September, Apple sold 14 million iPods — compared to 169 million iPhones.

Among the improvements are an improved processor that now matches that in the iPhone 6 and 6 Plus from last fall, rather than one from the iPhone 4s in 2011.

Apple says the new chip is six times faster for general tasks and 10 times faster for graphics.

The rear camera can now take sharper pictures, at eight megapixels. That matches recent iPhones and exceeds the five megapixels in the previous Touch.

Apple is introducing a new $399 model with 128 gigabytes, matching the iPhone's maximum capacity. The $199 base model has 16 gigabytes, enough for thousands of songs, though the iPod Touch is meant to hold photos, video and apps, too.
THE ASSOCIATED PRESS

This composite image showcases some of the colours that Apple's new iPod Touch is available in upon its launch on Wednesday. The company is refreshing its flagship music player for the first time in nearly three years as Apple seeks to make music a central focus of its devices. APPLE/THE ASSOCIATED PRESS

metro VIEWS

Butt out for bucks: A New England Journal of Medicine study offered a group of smokers a cash bribe that increased if more people quit. It worked.

July 16, 2015

URBAN ETIQUETTE: ELLEN VANSTONE ON LITTERBUGS

THE QUESTION

While driving recently, I noticed people in the car ahead of me were throwing candy wrappers out the window. Was I right to draw attention to their anti-social behaviour?

Dear Ellen,

While driving recently, I noticed people in the car ahead of me were throwing candy wrappers out the window. At the next red light, I put my car in park, stormed up to the driver's window, and proceeded to strongly suggest they NOT throw garbage on to the street. They were extremely shocked! I actually felt kind of bad about upsetting the nice-looking group of young men and women who were clearly on their way to work.

Would it have been better to just ignore them? Or was I right to draw their attention to their anti-social behaviour?

Sincerely, Ellen.

Dear Ellen,

Okay, yes, I'm the Ellen who wrote that letter — the reason being that I feel strongly about littering and I simply cannot trust that a reader will bring up the subject eventually, or ever. It's an important topic, and I'm being completely transparent here about my agenda and my motives.

Also, the letter itself is sincere and factually accurate. I have, on occasion, gotten out of my car to remind other drivers on the road not to eject garbage from their car windows. In my expert opinion, I am perfectly within my rights to do so — I was respectful in my interaction with the litterbugs, and my actions were in keeping with the moral responsibility we all carry, which is to speak up against crimes both big and small against society rather than turn our backs on, and thus implicitly condone, destructive behaviours that hurt us all.

That being said, I do not advise any reader to follow my example. And, having thought it through, I won't do it again myself.

If they're rude or ignorant enough to litter, who knows what other distasteful or even violent tendencies they might have?

First of all, it probably isn't safe to leave your car running in the middle of the road in order to chase down another car for the purposes of delivering a lecture on urban etiquette. Secondly, you have no idea who these litterbugs might be — if they're rude or ignorant enough to litter, who knows what other distasteful or even violent tendencies they might have? Thirdly, if you have passengers in your own car, it is inconsiderate, ergo rude, to abandon them in the middle of traffic, not to mention make them fear for their own safety if the litterbugs you are lecturing do tend towards violence and decide to retaliate physically.

If, however, you happen to be on foot and run into another (non-violent-looking) pedestrian who is tossing their trash willy-nilly, don't be afraid to say something. We're not talking public shaming here, just a friendly reminder that trash goes into trash bins.

DIRTY MONEY

Bylaws vary by community and what you're dumping, but littering is illegal everywhere. See how much a careless toss can set you back in cities across the country:

Halifax: $464
Ottawa: $305
Toronto: $365
Winnipeg: $100 - $4,000
Calgary: $500-$1,000
Edmonton: $250
Vancouver: up to $2,000

Need advice?
Email Ellen
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metroview

Pay your own way on dates: It's the feminist thing to do

Genna Buck
Metro | Toronto

Every time I think we finally live in a progressive utopia, I see something like this Facebook post, from a female friend:

"Just went on a first date. A blind date. And had to pay. For both of us." The comments: "No more dates for that guy," "Uhhh winner!"

I find this attitude bratty, sexist and out of date. Think of how much paying for dates — even only first dates — adds up over a man's lifetime. It's only fair that ladies pay once in a while. With a few exceptions (if you suggest somewhere fancy, you pay), going Dutch should be the default.

To be clear: I'm talking about dating here. Treating your long-term partner once in a while is lovely. But by that time, you're making financial decisions as a de facto family unit. I'm also being a tad heteronormative (with same-sex dating, I'm told it's more common to split the bill).

I asked my date the other day what he'd do if a woman he was seeing never paid. He said he'd never ask, but simmer with resentment and eventually dump her. Seems time to break the taboo and communicate about money.

Conventionally, the asker pays. But if you meet online or on a dance floor and have been texting for a while, how do you even know who asked?

The lad mag Ask Men advises, "Make the first move when the bill comes. This goes not just for the first date, but the early stages of the relationship. It indicates you're responsible. Women like that."

There's no argument for men paying that doesn't boil down to sexist garbage: "It makes me feel special" (work on your self-confidence), "It shows he's serious" (try asking if he's serious) and "I deserve to be treated" (the world doesn't owe you, princess).

Several male friends I asked said whoever's the least broke should pay — fair, though impractical. But a couple said a girl who asks to split is trying to make things non-romantic.

Getting treated's not romantic. This tradition didn't evolve because of chivalry. Now the gender wage gap is narrowing for professionals without kids, but historically women didn't have their own money.

Yet nothing was free. Having your meal paid for sets up a dynamic. You get a gift, and give something in return: your time, attention or more. It's a form of social control, though most men wouldn't see it that way. They're just being nice and following norms.

Paying your way signals you're there because you want to be. Being assertive about this can be hard. So say, "I always pay my share. It's important to me." Call it a political stance. You don't want to be with someone who doesn't respect your views anyways.

So do your part to change the culture. Next time you're catching a server's eye, think of the feminists who fought for your right to men's problems — work drama, combat wounds, and now, paying for dates. Then reach for your purse.

Rosemary Westwood will return Monday

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Your essential daily news

Dan Aykroyd to join the gals in new female-led Ghostbusters movie

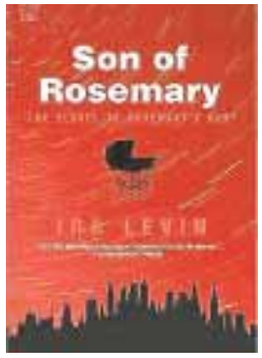
Seven classics, revisited

SEQUELS

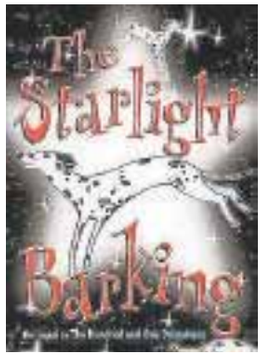
To Kill a Mockingbird isn't the only classic to get a Part Two

Asia Ewart
Metro | New York

With Harper's Lee's Go Set a Watchman hitting shelves, we've rounded up sequels to some of the most popular reads of the last two centuries



Son of Rosemary
by Ira Levin
After 26 years in a coma caused by the Castevets' Satanic coven, Rosemary awakens to find that her son Adrian is now an adult trying to do good in the world, despite his evil origins. The reunion turns sinister when she learns Adrian might not be able to help who he is and the human race could be doomed.

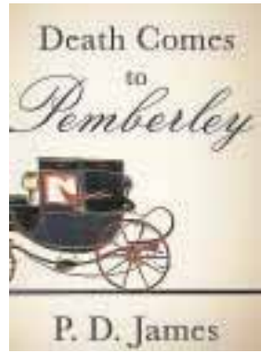


The Starlight Barking
by Dodie Smith
This sequel puts a sci-fi spin on the classic tale of an English couple and their 101 Dalmatians. When every human on Earth suddenly falls into a deep sleep, Dalmatians Pongo and Missus — along with the Prime Minister's dog Cadpig and other canines across London — must gather to discuss what to do. They are joined by an extraterrestrial dog who attempts to help by giving them an otherworldly option.

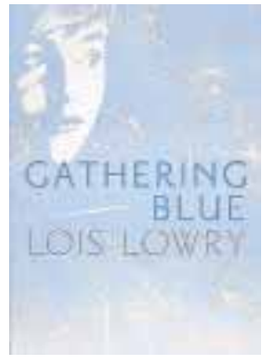
Closing Time
by Joseph Heller
Fifty years after Catch-22, Closing Time finds protagonist Yossarian as an older man at the end of his life in Manhattan. Readers can expect another stint in the hospital. Yossarian now working for Milo Minderbinder, Chaplain Tappman making an appearance, underground tunnels and a lot of talk of death.

Little Men
by Louisa May Alcott
Set after Little Women, Little Men follows second eldest sister Jo and her husband Friedrich Bhaer as they run a school for boys at the Plumfield estate. We're introduced to students, among them orphans, street youth, Jo's sons Rob and Teddy and members of the Bhaer family, and follow their interactions with each other and the world over the course of six months.

That Was Then, This is Now
by S.E. Hinton
This unofficial sequel to The Outsiders also takes place in Tulsa, Okla. and features characters from the first book. Brothers Bryon and Mark feel a strain in their relationship when they must find money for their mother's medical bills on top of dealing with girlfriends and local gangs.



Death Comes to Pemberley
by P.D. James
Although not written by Jane Austen, this murder-mystery followup was widely enjoyed and praised upon its release. Taking place six years after Pride and Prejudice, on the night of an annual ball, a family member of the Darcys and the Bingleys is killed on Pemberley grounds. The group must find out who present did it and why.



Gathering Blue
by Lois Lowry
Lois Lowry's middle school classic The Giver is actually the first of a quartet. Each follows a character connected to The Giver's Jonas. All live in villages in the same dystopian world. While all possess unique abilities, from embroidery to mind reading, it is ultimately their interactions that encourage a move to a safer community.

ON SHELVES

Harper Lee book gets mixed reviews

• Harper Lee's second novel flew out of stores Tuesday in one of the most eagerly anticipated book releases in modern publishing history.

• Lee's only previous novel is considered a 20th Century classic that defined racial injustice in the Depression-era South of the U.S. and became standard reading in classrooms across the world.

• But many Lee fans have been hurt, embarrassed and even angered that Scout's adored father Atticus has turned into a bigot, a fall from grace for one of America's most loved literary heroes. AFP

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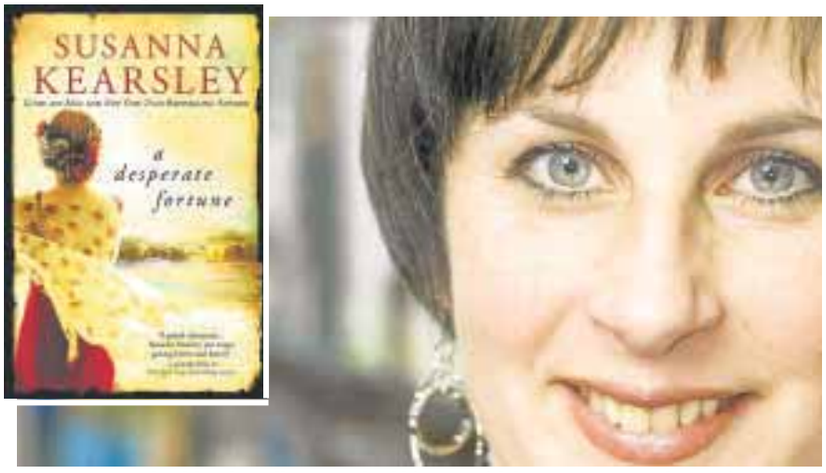
Bearing a passport to history

A DESPERATE FORTUNE

Author weaves story through travel, in-depth research

BOOKWORM

Sue Carter



Susanna Kearsley blends well-researched history with her own personal experiences to invoke a positive portrayal of a character living with Asperger syndrome in her new novel, A Desperate Fortune. CONTRIBUTED

When Susanna Kearsley writes, she describes the experience as if she has a film playing in her head.

"I'm on the main character's shoulder and I'm following along like a camera. I see what they see and I write down what they say," she says. "A lot of times the characters won't start talking until I'm standing on the spot where the characters are talking."

Those characters' words have filled Kearsley's passport with stamps from the U.K., Italy and other European locales. For her latest historical time-shifting caper, A Desperate Fortune, published by Simon & Schuster Canada, Kearsley bunked down at a gorgeous mid-1800s guest house just outside Paris. The chateau inspired the residence of the book's protagonist, Sara Thomas, a computer programmer turned amateur code-cracker, who is hired to decipher a 300-year-old journal from Mary Dundas, an exiled Scottish Jacobite who becomes involved in a dangerous plan to smuggle a lead figure of the political movement to Rome.

While Kearsley's 12 novels (including a thriller written under the pseudonym Emma Cole) are popular for their signature mix of irresistible romance, mystery and adventure, the New York Times' bestselling author is equally noted for her research and strong attention to historical accuracy.

During her travels, she studies every detail, from public transit to the smell of the air.

"The research for me is a constant really happy rabbit hole that I go down on a daily basis," she says. "You have to get the lives of the present-day people right as well, especially if it's set in a country where you're not living. You have to make sure the details are accurate, that the landscapes you're moving them through are accurate and that the jobs of the people are accurate."

It was a lesson that Kearsley took from her position as curator of a Canadian village museum, where at 22 years old, it was her job to interpret the lives of past generations.

"I try to make the past something that modern people can step into and can experience and know in a way that we can't always get out of strictly historical non-fiction. We tend to forget that people haven't changed that much. It's the ordinary lives I like to get into."

One of Kearsley's biggest — and most personal — challenges for A Desperate Fortune was to get Sara correct.

Diagnosed with Asperger syndrome as a teen, the character finds numbers soothing but experiences difficulties in many of her relationships. Kearsley drew on the experiences of her own family members with Asperger's, who acted like fact-checkers for the storyline.

"It was important for me to get that as right as possible because you don't see a lot of positive portrayals with people with Asperger's," says Kearsley. "Very often they end up being the punchline or the comic person around whom the plot evolves. I wanted to show someone who is a more accurate reflection of my own Aspies. Someone who is very competent, very intelligent; has a few challenges but is capable of having a good, relatively normal life."

Although Kearsley says, "research fuels the book and the book fuels the research," ultimately she doesn't feel the book is successful unless there's an underlying humanity.

"You want the reader to walk away having cared about the people, and maybe learned a little about the past and feel a little more connected and have it not be a place filled with starchy people you don't understand." *Sue Carter is the editor at Quill & Quire magazine.*

Final chapter for killer anti-hero

NOVEL TURNED TV SHOW

Dexter gets a second ending as author says goodbye

Spoiler alert: Book Dexter does not become a lumberjack.

The eighth and final novel in the Dexter series, Dexter Is Dead, now in bookstores, picks up from the end of the previous book, with the titular vigilante serial killer under arrest and facing a murder charge — ironically for a crime he didn't actually commit.

"I always knew that someday the wheels would come off," author Jeff Lindsay said.

Starting with the 2004 novel Darkly Dreaming Dexter, the series follows the exploits of Dexter Morgan, a blood spatter analyst with the Miami-Dade Police Department. Following a code developed by his adoptive father — a police officer — to only kill other killers, Dexter balances a public life of work, friends and family with his not-so-public, homicidal pastime. But now Dexter's story is coming to a climatic conclusion.

"I had all these wonderful, outrageous ideas for how it would happen, and I didn't end up using any of them, which I guess is par for the course," Lindsay said.

It's safe to assume that none of those ideas involved Dexter faking his death and starting a new life in the Pacific Northwest as a lumberjack. That's how the Dexter television series based on Lindsay's characters concluded in 2013 after eight seasons.

"Boy oh boy oh boy, did I get mail about that," Lindsay said.

> **Boy oh boy oh boy, did I get mail about that**
>
> Jeff Lindsay on fan reaction to the Dexter TV series finale

While the first season of the show kept relatively close to the first novel, the plotlines of later seasons had virtually nothing to do with the books. So Lindsay could only tell irate fans, "It wasn't me."

Fan reaction aside, Lindsay said he doesn't really have an opinion on the final episode because he didn't see it. He had just started a 10-month book tour for his previous novel, Dexter's Final Cut, and he didn't get a chance to watch the show's finale.

Lindsay said he has mixed feelings about leaving a popular character and a successful book series behind.

"This is kind of what I had always wanted, to have a book series like that," Lindsay said. "And to say goodbye to it is like launching yourself into the unknown and starting over again. But it was time. I don't think it got stale, but I felt like someday soon it might start to get stale on me. Better to go out on top, leave them wanting more."

THE ASSOCIATED PRESS

Author Jeff Lindsay poses next to a poster from the TV series Dexter. LUIS M. ALVAREZ/ THE ASSOCIATED PRESS FILE

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COMIC-CON

Eisenberg elaborates

Jesse Eisenberg. GETTY IMAGES

The Social Network star Jesse Eisenberg has raised more than a few eyebrows with his not-too-nice analogy for his experience of attending Comic-Con last week.

"It is like being screamed at by thousands of people," he told the Huffington Post. "I don't know what the experience is throughout history, probably some kind of genocide. I can't think of anything that's equivalent."

Yikes. But don't worry, the comments have attracted enough attention that Eisenberg has had a chance to clear up any confusion, telling the Hollywood Reporter, "I of course was using hyperbole to describe the sensory overload I experienced. I sometimes do employ that."

Well, sure. Why not? "I'm a normal person who has normal sensory experiences, so Comic-Con was very overwhelming for me. That said, it was really an honour to be on that end of such jubilation." So, all good now? NED EHRBAR/METRO

Baby news shocks fans

metroGOSSIP MUST READ

One Direction fans dismayed by report Louis Tomlinson to be a father. GETTY IMAGES

ONE DIRECTION

Tomlinson of One Direction announces he will be a dad

One Direction fans reacted with dismay Wednesday to a report that band member Louis Tomlinson is to become a father.

Publicist Simon Jones declined to comment on a People magazine report saying 23-year-old Tomlinson is expecting a child with American stylist Briana Jungwirth.

Fans responded on Twitter using the hashtag #OhNoLouis, and one wrote a song called No Birth Control teasing the boy band star. On the streets of London, reaction ranged from shock to disbelief.

"Is it an accident?" asked 16-year-old Australian fan Tara Kay. "That's crazy."

Clara Foxonet, a 16-year-old fan from France, refused to believe it. "It can't be real! It's not possible," she said.

Australian fan Kiri Deane-Spread Speir, 17, said the news was "a shock. But I am not going to get angry ... If he is happy, I am happy."

And 18-year-old Solveig Diers from Germany wondered how the news would affect the band's carefree image and its popularity with teen and preteen girls.

"It doesn't fit into their perfect picture of a boy group," she said.

The chart-topping British band was formed in 2010 after five teenagers — Tomlinson, Harry Styles, Liam Payne, Niall Horan and Zayn Malik — auditioned individually for the British TV talent show The X Factor. Simon Cowell had the idea of putting them together as a boy band.

Malik quit the group earlier this year. THE ASSOCIATED PRESS

SEAL OF APPROVAL; ARMED ROBBERY

You wear it well

Rod Stewart says he's angry an image of him wearing a seal-skin coat is being used to support the industry.

The musician was in St. John's, N.L., to play a concert and stopped into a store to pick up capes for some of his crew. A message posted on his Facebook page says the shop's owner asked if he would pose for a photo in the jacket. The post says Stewart regrets he didn't check what the jacket was made of and is upset the photo is being used as an advertisement for an industry he does not support.

Darren Halloran of the store Always in Vogue says Stewart and his entourage were informed and it's possible he wasn't aware of the politics surrounding the seal industry. Halloran says he's sorry Stewart is getting some criticism. THE CANADIAN PRESS

Chris Brown home invasion

Three armed men in masks forced their way into a Los Angeles home owned by Chris Brown, locked the R&B singer's aunt in a closet and then ransacked the place for valuables, police said.

Brown was not at the home during the robbery which happened around 2 a.m. Wednesday, Officer Liliana Preciado said. The suspects got away with an unknown amount of cash, electronics and personal items, she said. Brown's aunt was not hurt.

Investigators have not released descriptions of the suspects, who were armed with handguns and wore bandanas around their faces, police said. THE ASSOCIATED PRESS

KARDASHIAN

Kim acts pregnant

Maybe it doesn't count as news that Kim Kardashian is being more than a little demanding while pregnant.

I mean, this is Kim Kardashian we're talking about. But apparently, even though she's not the most reasonable person on a normal day and has already been pregnant, this one is really standing out.

"She's started requesting that a chair be on hand at all times in case she gets tired of standing. She's also requesting to only fly private so she can have room to sprawl out — and because she doesn't want others around," a source tells In Touch. "She also has designer clothing custom-tailored — even jeans — to fit her pregnant body and make her look her best." NED EHRBAR/METRO

Kim Kardashian. GETTY IMAGES

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metro HOME
Your essential daily news

39 per cent of Canadian newcomers own property: Study

What they're a$king

OUR CITY

When families outgrow inner-city condos, the next step is to seek a single-family dwelling. Townhomes or bungalows in the suburbs are a popular option. Here's a selection of three-bedroom modern bungalows outside the city core. **Duncan McAllister** FOR METRO

$564,900

Winnipeg

This 1,670 sq. ft. home at 8 Fieldberry Way shows what you can get in the upscale neighbourhood of East St. Paul. Listing agent Lynne Couture says it's a stunning property, and that it's tough to get into the Prichard Farms area for less than $600,000. The great room features a gas fireplace and panoramic windows, and the eat-in kitchen has wood cabinetry, solid surface countertops and plenty of cooking space. The finished basement has a wet bar and entertainment area. Couture is with Ethos Realty, 204-997-0867.

$1,090,000

Halifax

This rancher-style home is on a waterfront lot at 80 Joan Elizabeth Way at Sandy Point Estates. This custom-built home boasts plenty of natural light and high-end features, plus an open-concept layout, highlighted by exotic hardwood and slate tile throughout. There's a cherrywood kitchen with granite counters and built-in appliances. The great room has an airtight, wood-burning fireplace and great views of the water. The master bedroom has a five-piece marble ensuite. Listing agent is Thomas Bagogloo with Re/Max Nova, 902-830-9006.

$889,900

Calgary

You can buy this estate bungalow at 543 Lake Moraine, in one of Calgary's most desirable districts. The home has been updated overall, and includes an open kitchen with quality cabinets, granite countertops, double ovens and a gas stove. The property has a southwest rear exposure along with a mature, park-like yard. The home is just a short walk away from the lake, an arena, schools, and the Lake Bonavista Mall. Listing agent is Jim S. Ashe, an associate with Re/Max First brokerage, 403-278-2900.

$1,249,000

Toronto

Here's a special home in the Wentworth community in West Lansing. This double-brick, fully insulated home at 284 Burnett Ave. boasts a double garage, a huge master suite with a renovated bathroom, heated floors and a walk-in closet. The bright, open living areas include a modern kitchen with granite bar and new, stainless-steel appliances. Outside is a fenced-in pool and maintenance-free lawn. The property is close to a public school and the subway. Listing agent is Ora Ross with The Mulholland Ross Team, 416-230-8500.

$399,900

Ottawa

Here's a contemporary, brick-built property at 14 Rayburn St., in the Morgan's Grant community. The home sits on a quiet street, close to all amenities. The main level offers nine-foot ceilings, a large living room and dining room, a spacious kitchen with plenty of counter space, and a good-sized eating area. There's main-floor laundry and a master bedroom with walk-in closet and ensuite. The finished lower level contains a den and rec room. Listing agent is Geoff McGowan with Re/Max Affiliates Brokerage, 613-216-1755.

$705,000

Vancouver

Modern bungalows aren't very common in B.C. Here's a nice one in the Fraser Heights neighbourhood of North Surrey. This rancher-style home at 10586 Glenwood Dr. N. sold at press time for $705,000. Listing agent Michael Quesnel says it's a charming home on a really great street. The house has vaulted ceilings, a three-bedroom, three-bathroom layout, and more than 2,000 sq. ft. on a level lot. Outdoors is a covered living space, fenced-in yard and a garage. Quesnel is with Royal LePage Sussex, West Vancouver, 604-925-2911.

Sleek, Asian-inspired metal drawer pulls adorn a master bathroom. SARAH DORIO/BURNHAM DESIGN VIA THE ASSOCIATED PRESS

Small items, big impact

DECOR

Pulls, handles are like jewelry to accessorize style of a room

It's a small thing, often overlooked amid major items such as furniture and paint colours when you're decorating a room. But don't underestimate the power of household hardware.

These small items — handles, doorknobs, drawer pulls, — are "the jewelry" that can add style and sparkle to any space, says New York-based interior designer Young Huh.

Just as the right necklace can turn a simple dress into a fashion statement, a striking new set of knobs on an old cabinet, or vintage crystal doorknobs can bring a huge dose of style to your home with minimal expense, she says.

One of the most popular styles now is lacquered or aged brass.

"Ten years ago," Huh says, "it was all about nickel: brushed nickel, shiny nickel. Now it's the resurgence of brass."

Designers are using "bold tones, and things that look worn," she says, by installing unlacquered brass that tarnishes over the course of a year, or paying extra for "pre-antiqued" brass that already has a colourful patina.

Interior-design expert Brian Patrick Flynn uses a lot of brass, especially "satin or antique finishes, because they're more sophisticated and less formal than polished, glossy styles."

In addition, "a newer option I'm seeing and totally love is matte black hardware," he says. "This is excellent for modern kitchens or for adding dark contrast to an otherwise light and bright space. The matte finish helps camouflage any scratches or smudges you'd deal with on glossy black pulls and knobs."

Another dramatic favourite of Flynn's: unlacquered iron. THE ASSOCIATED PRESS

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How to nail it with home art

DESIGN CENTRE

Karl Lohnes

Make every room a gallery with these tips — in no time, you'll be hanging framed works like a pro

Q: I just moved into a condo and want to start hanging photos, art and mirrors on the walls of the bedroom, den and hallway. Are their any guidelines to arranging? I like the collage effect but not sure where to begin. — Carole, Toronto

A: Here are my Top 20 rules for hanging art and mirrors throughout the home:

BEDROOMS

1. The overall size of art over a bed should be 2/3 the width of the headboard.
2. The bottom of the art should be hung 6 inches above a tall headboard and about 10-12 inches above a low headboard.
3. Hang art over the nightstands at a different height to the art hung over the headboard; the bottom of the art should be about 12 inches above the top of the nightstand.
4. Consider a large or tall decorative mirror and also use it as a dressing mirror.
5. Art should follow the shape of the top of your headboard.

Hanging art over a large piece of furniture? Make sure the art is about 2/3 the width of the furniture and the bottom of the art hangs 6-10 inches from the top of the piece. CRATE AND BARREL

HALLWAYS

6. If hanging artwork gallery-style in a hall, the middle of the art should hang 66 inches from the floor.
7. No need to hang a different-sized art so the bottoms all line up evenly; centre each piece 66 inches from the floor.
8. To create a collage, arrange the large/heaviest piece in the middle and the smallest outward.
9. Look at the wall space between two doorways. If it's more vertical, then stack artwork vertically in that space.
10. Hang a large floor mirror opposite a doorway to make the hall appear wider at that point.
11. Track-style lighting (directed at art on side walls of a hall) will draw your eyes to the art and make the hallway look wider.

LIVING ROOM

12. The bottom of artwork or mirrors hung over a fireplace should be 3-6 inches above the top of the mantel.
13. Have little wall space in your floor-to-ceiling condo? Consider using an artist easel to display art in the corners.
14. Artwork over a sofa should fill 2/3 of the sofa's width.
15. Hang personal photos and memorabilia in more private areas, such as bedroom and dens.

DOs AND DON'Ts

16. DO hang artwork low. The lower you hang art, the higher ceilings will appear.
17. DO NOT hang art in relationship to tall ceilings in your home — always hang in relationship the floor.
18. DO add a ceiling spotlight or a picture light to highlight the artwork you want to use as the focal point in a room.
19. DO use mirrors to visually help widen a room or reflect light around the space.
20. DO NOT use more than three finishes of framing for any given area.

SUMMER EVENTS AND FESTIVALS

Take your party to the backyard

SHUTTERSTOCK

An outdoor party is a great way to bring together family and friends during the precious few hazy days of summer.

After you've set a budget and a guest list, create the setting, experts say. Treat your outdoor space as you would an indoor room.

Define zones for lounging and eating with area rugs to "tells guests where they should be doing these activities," says Melissa Davis, principal at Melissa Davis Designs. Waterproof rugs will withstand the weather, foot traffic, and spills.

Whether you set a formal dining table or offer food buffet-style, put out cutlery, and a range of flatware and glasses so guests can eat with ease. To avoid broken glass in the backyard, the dollar store carries a range of dishes and utensils that look like the real thing but are, in fact, plastic.

DON'T FORGET TO...

Fill a basket in your bathroom with toiletries that your guests might need, from tampons to sunscreen.
Rent speakers so music can be heard throughout the party space.
Pay local teens, or your own kids, to serve food and clean up afterward so you can enjoy your own party.

For an evening affair, create lounge areas with some round or square poufs, candles and throw blankets, says Catherine-Lucie Horber, principal of Royal Interior Designs Ltd. and a sometime party planner.

"It's inviting, it's cosy, it's romantic," Horber says. "You want to have a party that people will talk about and remember."

Your guests will thank you if you add an outdoor heater on a chilly night, and mosquito-zapping lanterns or candles to keep bugs at bay.

Lighting is also key for any nighttime event. Strings of lights with round bulbs can look festive without looking Christmas-y, and spotlights are great for illuminating far corners of a backyard "so your guests aren't staring out at an abyss," Davis says.

CONTRIBUTED

Zip Line for the adrenaline junkie just outside Winnipeg

A Maze in Corn goes way up to offer the coolest activity 10 minutes from Winnipeg.

You already know about A Maze in Corn, their Petting Zoo, and even their Haunted Forest — but, do you know about their 2 Hour Zip Line Adventure?

"We've had so much positive feedback from guests who've taken the zip line tour," says Clint Masse, owner and operator of A Maze in Corn. "Our visitors are thrilled — they didn't realize a zip line course like this was available just 10 minutes south of Winnipeg."

"Everyone has their reason to Zip It," says Masse. "A bucket list, a birthday, anniversary, or just simply a chance to get together with family and friends. Cool true story, We even had some 'first daters' … that now just got married!"

Melanie, a recent zip line rider, says that the zip line guides, "were fantastic and made me so comfortable and feel safe. It was an amazing experience and I am telling everyone who will listen to me."

The full two-hour Zip Line Adventure is $70 per rider. If you just want a zip taster you can do the Quick Zip for $20, or for the serious adventure junkie the New Geronimo Jump for $20.

To book your tour, or get more information about A Maze in Corn and Amazing Zip Lines, visit cornmaze.ca or phone 204-883-2048.

ALWAYS A FUN EVENT AT FORTWHYTE FARMS

COMMUNITY COMES TOGETHER HERE

It's an area that might be considered a naturalized oasis of culinary sanity in a genetically modified world.

In actuality, the area is FortWhyte Alive, a naturalized area in the city's southwest sector that's a nature preserve and farm all rolled up into one amazing package.

"We're one of the only farms in the city," says Danielle Mondor, FortWhyte Alive's farm manager. "We're a place where you can see everything in plain view right on site, from the wildlife, to the pigs, chickens, bison and rabbits that we raise to the natural, chemical-free crops that we grow.

Truth be told, FortWhyte Alive is one happening place. There's always something going on, whether it's their Open Market Day, a variety of educational workshops, a youth internship program, or their annual Harvest Supper fundraiser — which will be held Wednesday, Sept. 16. Tickets are available online at fortwhytefarms.com.

ANNUAL HARVEST

Mark Sept. 16. on your calendar for FortWhyte Alive's second annual Harvest Supper, supporting youth programming at FortWhyte Farms.

"It's a wonderful event," says Mondor. "We eat food from our farm next to the lake and beautiful gardens, have a bonfire and play games. Everyone is invited to come out!"

Visit fortwhytefarms.com for more information.

"Open Market Day is a farmers' market that we hold on-site every Tuesday from noon to six until the end of September or early October," says Mondor. "You can buy vegetables, culinary herbs and fresh raspberries, baking such as ready-to-bake pies or seasonal squares, humanely-raised pork and even whole rabbits that we raise outside on our farm."

CONTRIBUTED

Not only can patrons buy natural, chemical-free vegetables and naturally-produced meats, but they can also attend workshops designed to broaden their horizons in a variety of areas.

"Workshops cover topics such as nutrition, composting, bee keeping and medicinal teas. They start after 6 p.m. after Open Market Day."

Then, there's the youth internship program, which again is designed to broaden the horizons of young people.

"It's a model for youth employment that happens in the spring, summer and fall," she explains. "Interns learn about nutrition, healthy lifestyle skills, how to cook and prepare food, and how to take care of animals. It's a program that benefits everyone. The youth see the value in it, and the teachers find it rewarding to pass on the knowledge so it can be carried forward by the next generation."

To find out more about FortWhyte Alive, visit fortwhyte.org.

the
MARKET
at FORTWHYTE FARMS
The FortWhyte Farms' Market is open every Tuesday this summer from 12-6 pm.
Purchase naturally grown produce straight from our garden, as well as fresh honey, baked goods, and pasture-raised, hormone/antibiotic-free pork, in a variety of cuts.
Market proceeds support FortWhyte Farms' transformative social enterprise programming for Manitoba's youth. Learn more at fortwhytefarms.com.
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FortWhyte FARMS
FORTWHYTE FARMS'
Summer Workshop Series
FortWhyte Farms is offering workshops on Tuesdays at 6 pm, all summer long. After visiting the market, stick around to learn new gardening techniques, hone your culinary skills, and explore the world of bees!
Visit fortwhytefarms.com/events to register.
MEDICINAL TEA
Tuesday, July 28 from 6 – 8 pm
$17, $15 for Members
MAKIN' SAUERKRAUT
Tuesday, August 11 from 6 – 8 pm
$17, $15 for Members
HOME CANNING 101
Tuesday, August 4 from 6 – 8 pm
$17, $15 for Members
THE HONEY HARVEST
Tuesday, August 18 from 6 – 8 pm
$30, $25 for Members
FERMENTED HOT SAUCE
Tuesday, August 25 from 6 – 8 pm
$17, $15 for Members
1961 McCREARY RD WINNIPEG, MB PH: 204-989-8355
/FortWhyteAlive

Concerts are integral part of Super-Spike

The Trews CONTRIBUTED

With a record breaking 500 teams registered to take part this year, MTS Super-Spike's foundation is definitely based on being Western Canada's biggest beach volleyball tournament. However, the next core layer to the event that makes it so unique, is the two-day concert series that is intertwined into the festival.

Taking place July 17 and 18 at Maple Grove Rugby Park, MTS Super-Spike will see 12 acts grace its main stage this year. "Music is an integral part of the event. Our bands have always been a big part of MTS Super-Spike's draw," says event co-ordinator Mallory Moir.

"Being able to watch the bands in between and after your games is a huge part of the event. Plus the bands draw in a significant crowd that doesn't necessarily care about the volleyball as much as the music."

Canadian rockers The Trews will be headlining this year's festival on Saturday, July 18. Moses Mayes and The Family Funk Orchestra will headline Friday, July 17, while local high profile acts The New Meanies, The Treble and Leanne Pearson will also be performing.

Weekend passes are only $35 and can be purchased online at superspike.ca. If you plan on attending note that there is no parking allowed at the event site unless you purchase a premium parking pass. Instead, there is a free park and ride shuttle system taking place at the University of Manitoba's U-Lot.

CONCERT LINEUP

Friday July 17:
5:00 p.m. – Doors Open
7:00 p.m. – The Reverend Rambler
8:30 p.m. – The F-Holes
10:00 p.m. – Moses Mayes & The Family Funk Orchestra – Headliner
DJ Turbulence in beer gardens

Saturday July 18:
10:00 a.m. – Doors Open
2:00 p.m. – Leanne Pearson
3:30 p.m.– Papa Mambo
5:00 p.m. – Mise en Scene
6:00 p.m. – The Revival
7:00 p.m. – The New Meanies
8:30 p.m. – Treble
10:00 p.m. – The Trews – Headliner
DJ Dow Jones closes out event with Red Bull Beach Party

U-PUTTZ IS MORE THAN MINI GOLF

Having trouble deciding on a venue for your next special event or outing? Well, help is here.

U-Puttz Amusement Centre boasts more than 18,000 square feet of fun. Activities include the ever-popular 18-hole black light mini golf course, Krazy bumper cars, and an awesome laser tag arena, huge redemption arcade and a full, hot canteen.

There's no better venue to stage a party at than U-Puttz, says owner Ryan Davis.

"We have three party rooms on our mezzanine level and one wheelchair accessible party room on the lower level allowing us to accommodate all kinds and sizes of groups," he says. "The 18-hole, glow-in-the-dark mini golf course has two themes. The first nine features an underwater theme, while the second nine is all about dinosaurs."

Then there's the Krazy bumper car area next to the spacious, fun-filled arcade.

"There are six bumper cars," says Davis. "They're a ton of fun — high-energy, yet safe."

Davis says the facility's Rush laser tag arena is also an amazing venue.

"At 4,000 square feet, and room for 30 players, it's a popular attraction featuring a post-apocalyptic theme and special effects. You just strap on your vest and phaser, and you're ready to play."

CONTRIBUTED

U-Puttz will be offering a wide range of specials over the summer months, he added.

"Unlimited wristband play is the most popular and is available for $25 plus GST, Monday through Thursday, allowing unlimited access to laser tag, mini golf and bumper cars all day."

Daily specials are also available and many other great discount offers — no coupons required.

"Fridays and Saturdays feature a $19 plus GST unlimited play wristband from 8 p.m. to midnight, and Sunday is Triple Play Day, where you can choose any three attraction combinations for just $15, plus GST."

Party packages are also very affordable, value-packed with discounts offered for bookings taking place Monday through Thursday.

For more information on U-Puttz Amusement Centre's specials and party packages, visit u-puttz.ca, or call 582-2116.

U-Puttz Amusement Centre, located at 423 McPhillips St. is where the fun is glowin' on!

BUT, SAFETY FIRST

At U-Puttz Amusement Centre, customer safety is a priority.

Which is why participation rules for laser tag and bumper cars are clearly defined, says Davis.

"Laser tag participants have to sign a waiver, and be six or older. For bumper cars, you have to be 44 inches in height or taller."

SUMMER PARTY BLOWOUT!
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Embrace your inner viking at Islendingadagurinn

CONTRIBUTED

The Icelandic Festival of Manitoba – Islendingadagurinn celebrates Icelandic culture and heritage through a fun, family-friendly festival, held every August long weekend in Gimli, Man. Join them in the heart of New Iceland from Friday, July 31, 2015 to Monday, Aug. 3, 2015 as they celebrate their 126th festival. They have put together the top reasons why people should experience the Icelandic Festival of Manitoba or risk a severe case of FOMO (fear of missing out):

ENJOY ICELANDIC CANADIAN CUISINE

Stop by the Icelandic Culture and Heritage Pavilion at Gimli Park and grab a Pönnukökur or visit Kenny, the friendly Icelandic Butcher at Tip Top Foods for a bite of Rullupylsa. Try the delicious Manitoba Pickerel, caught fresh daily.

IT'S FREE (MOSTLY)

Save your hard earned money because with the help of the volunteers, sponsors and supporters they are able to offer many of their events free or low cost.

THERE'S REALLY GOOD MUSIC

Every year they host a talented lineup of musicians on Saturday, Sunday and Monday, for free. They feature bands from North America and Iceland with this year's performers to include; Duotang, Somebody Language, EMBASSYLIGHTS, The D. Rangers, and more.

TREAT YOURSELF

Prepare to be dazzled by their local vendors' and merchants' crafts, food, jewelery, art and products. Take home your very own souvenir of Islendingadagurinn from their dozens of vendors that set up shop in Gimli Park for the weekend to sell their unique wares.

EMBRACE YOUR INNER VIKING

In an effort to be inclusive to all they invite a few dozen Vikings to attend the Icelandic Festival, and even let them bring their weapons. The Vinland Vikings, a skilled reenactment group, set up the MTS Viking Village at the Gimli Harbour and demonstrate the lifestyle and culture of 9th and 10th century Western European nations.

GET FIT AND HAVE FUN

For the athletes, there are a variety of fun and perspiration-inducing activities to participate in including: beach volleyball, shot-put, a sandcastle contest, fun runs and road races.

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metro SPORTS

Kara Lang, Jim Brennan and Pat Onstad highlight the Canada Soccer Hall of Fame Class of 2015

Halifax's Ellie Black performs her floor routine in Toronto on Wednesday. MARTA IWANEK/TORSTAR NEWS SERVICE

Canada strikes Black gold again

PAN AM 2015

Halifax star takes medal tally to five

It took just five days of competition at the 2015 Pan American Games for Canada to eclipse its gold-medal total from four years ago.

Canadian athletes won eight more gold medals on Wednesday, giving the host nation 33 overall.

Canada won 30 gold medals total over 16 days at the 2011 Games in Guadalajara, Mexico.

Halifax gymnast Ellie Black and Canada's rowing team contributed multiple gold medals Wednesday, while Calgary shooter Lynda Kiejko won her second gold of the Games.

In swimming, Kierra Smith and Hilary Caldwell led Canada to a pair of one-two finishes as the national swimming team took seven medals.

Smith, from Kelowna, B.C., won gold in the 200-metre women's breaststroke in a Pan Am record time of two minutes 24.38 seconds while Toronto's Martha McCabe finished 0.13 seconds back to take silver.

Caldwell, from White Rock B.C., set a Pan Am record in the 200 backstroke, winning in 2:08.22. Dominique Bouchard of North Bay, Ont., was second in 2:09.74.

Black won gold in the women's balance-beam competition and in the floor exercise, giving her five medals in five events.

Black nailed her balance-beam routine with a score of 15.050 at the highest difficulty level. After her floor exercise routine that got her a score of 14.400, she blew kisses to the Toronto crowd as fans roared and waved Canadian flags.

> **This was more than I expected. This has been incredible.**
> Ellie Black

Earlier in the Games, the 19-year-old won gold in the all-around, bronze in the vault and earned silver in the team event.

"The support here has been amazing," Black said. "I was so proud of our team coming in silver, and individually in my finals I was not expecting half of this. So thank you to everyone."

Canada earned a medal in four of five races, including three gold, on the final day of rowing competition at the Royal Canadian Henley course in St. Catharines, Ont. The men's lightweight coxless fours, the men's eight and the women's quadruple sculls all topped the podium, while Rob Gibson of Kingston, Ont., added a silver in men's single sculls.

The men's eights led from start to finish, finishing three seconds ahead of Argentina with a time of six minutes 7.01 seconds.

The eights crew included all four members of the gold-medal-winning men's coxless four from earlier in the meet.

Kiejko swept the women's pistol events with a win in the women's 25 metres.

The Calgary native beat Sandra Uptagrafft 7-3 in the final round to earn Canada's third shooting gold of the Games.

Kiejko also won gold in the 10-metre air pistol on Sunday.

"I don't think words can actually describe how excited and just ecstatic I am right now," she said. "I was coming into this event with it not being my forte. I have no words. I am over the moon right now."

THE CANADIAN PRESS

Owning the podium

JULIO CORTEZ/THE ASSOCIATED PRESS

Around the Toronto area. In addition to Ellie Black's two gold medals on Wednesday, Canada also topped the podium in women's quad sculls, from top, women's 25-metre pistol, men's lightweight four and men's eights rowing. Canada also added two more gold in the swimming pool in the evening.

Go to **metronews.ca** for more coverage of the Pan Am Games.

COURTESY TEAM CANADA

AARON LYNETT/THE CANADIAN PRESS

JULIO CORTEZ/THE ASSOCIATED PRESS

Picking Manitoba's best four athletes of all time

VIEW FROM THE 300S

Andrew 'Hustler' Paterson

During this slow week on the sports calendar we had a blast on my radio show discussing all of Manitoba's pro sports teams' Franchise Four — a list of the top four players of all time from each franchise. It was a topic that provided endless conversation and debate of Manitoba sports history.

Which got me thinking — who are Manitoba's top four all time athletes regardless of sport?

I put together my list based on excellence at the highest level of his/her sport, combined with success internationally on the world stage, representing Canada.

Needless to say this is not an easy group of athletes to narrow down to four. After some tough decisions and omissions, here is my Manitoba four:

Cindy Klassen

Recently retired, Klassen is Canada's all-time most decorated winter Olympian with six medals and the only Canadian Olympian ever to win five medals in an Olympic games (Turin, 2006). A multiple world-record holder and two-time all-round world champion in 2003 and 2006, Klassen also won the Lou Marsh award in 2006 as Canada's top athlete.

Jonathan Toews

Only 27, Toews already has one of the most impressive resumés in hockey history. While the captain of the Stanley Cup-champion Blackhawks has three Cup rings and a Conn Smythe trophy, it's his international accolades that stand out.

A gold medallist for Canada six times, his trophy case includes two World Junior golds, one world championship and two Olympic gold medals. Toews was also named the top forward in the 2010 Olympics in Vancouver.

Clara Hughes

Hughes is the only athlete in Olympic history to win multiple medals in both the Summer and Winter Olympics and is tied with Cindy Klassen as Canada's most decorated Olympian with six Olympic medals.

Her incredible career includes two medals as a cyclist and four in long track speed skating, highlighted by her gold medal in 2006 in the 5,000 m event. A member of the Order of Canada, Hughes was inducted into the Canadian Sports Hall of Fame in 2010.

Bobby Clarke

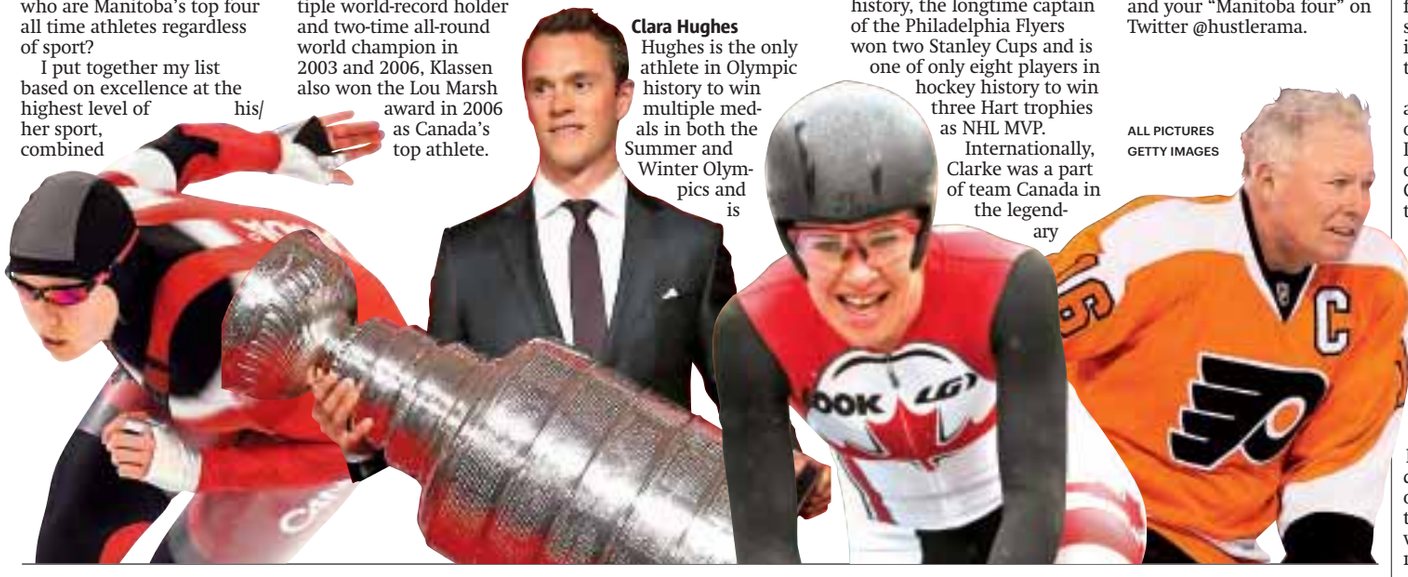
Regarded as one of the best two-way players in hockey history, the longtime captain of the Philadelphia Flyers won two Stanley Cups and is one of only eight players in hockey history to win three Hart trophies as NHL MVP.

Internationally, Clarke was a part of team Canada in the legendary Summit Series in 1972 and captained Canada to gold in the 1976 Canada Cup. The Flin Flon native was inducted into the Hockey Hall of Fame in 1987.

With apologies to many, including Jennifer Jones, Terry Sawchuk, Chris Walby and Jeff Stoughton, there is my list.

Leaving names like that off the list, shows just how great a sporting history we have here in the province and how hard it is to narrow down to four.

Send me your feedback and your "Manitoba four" on Twitter @hustlerama.



ALL PICTURES GETTY IMAGES

NBA

League salaries are bigger than ever

To understand how the business model of NBA salaries is unlike ever before, consider the cases of Reggie Jackson, Khris Middleton and DeMarre Carroll.

They're not All-Stars. They're not exactly household names, either.

Nonetheless, the trio got a combined $210 million in deals this summer: Jackson got $80 million over five years from the Detroit Pistons, Middleton a five-year, $70 million deal to stay with the Milwaukee Bucks, and Carroll a four-year contract worth nearly $60 million to join the Toronto Raptors.

Only a couple years ago, such deals would have been considered baffling. These days, they seem quite fair. "The numbers you hear out there, they seem crazy to think about," Miami Heat centre Hassan Whiteside said.

$80m

The deal Reggie Jackson acquired recently for Detroit. Bearing in mind that Jackson is not a true NBA star.

It's hard to fathom that a league that dealt with serious labour strife four years ago and might be looking at another work stoppage in a couple years is about to become flush with so much cash. "We're continuing to study how our system is absorbing the money," said NBA Commissioner Adam Silver.

THE ASSOCIATED PRESS

IN BRIEF

Schultz staying on Oilers

Justin Schultz and the Edmonton Oilers have settled on a $3.9 million US, one-year contract.

Restricted free agent Schultz earned his second straight one-year deal. Schultz, 25, is seen as a big part of the Oilers' future, and the pressure remains for him to become a top-4 mainstay. THE CANADIAN PRESS

Dallas snaps up Oduya

Johnny Oduya watch is over. The veteran defenceman has signed a $7.5-million US, two-year contract with the Dallas Stars.

The two-time Stanley Cup-winner with the Chicago Blackhawks was considered among the best free agents available.

THE CANADIAN PRESS

BRITISH OPEN

Watson's swan song to be competitive one

Tom Watson is filled with all sorts of conflicting emotions.

He's melancholy that such a big part of his life is winding down, yet there's an immense sense of pride in what he's accomplished.

He's realistic that it's the right time to step away, but he can still flash that ol' competitive streak when anyone suggests this is nothing more than a nostalgic farewell at the home of golf.

"This is not a ceremony at all," Watson said Wednesday, his eyes steely and firm. "I'm trying to compete against these players out here." Some of them, such as Jordan Spieth, are young enough to be his grandchildren.

Which is why, in all likelihood, the 65-year-old Watson will be playing the British Open for the final time, a five-time champion making one last crossing of the Swilcan Bridge.

"There are some tools missing now, especially distance," he moaned. "I need everything to compete against these kids," pausing for emphasis. "Everything."

Watson could earn the right to play another five years if he finishes in the top 10 this week, an exception that was hastily added to the Open's 60-year-old age limit after he nearly became golf's oldest major champion at Turnberry in 2009. Watson went to the 72nd hole with a one-stroke lead, only to make bogey and lose to Stewart Cink in a playoff.

THE ASSOCIATED PRESS

NHL

Ducks extend Kesler

Centre Ryan Kesler got comfortable quickly with the Anaheim Ducks, and the club let him know the feeling is definitely mutual.

The veteran centre agreed to a six-year, $41.25 million US contract extension with the Ducks on Wednesday, cementing a long-term commitment after just one season together.

"I definitely feel a part of the core group now," Kesler said. "They wanted me, and I wanted to stay." Kesler had 20 goals, 27 assists and 75 penalty minutes last year in Anaheim after spending his first nine NHL seasons with the Vancouver Canucks.

The hard-nosed U.S. Olympian filled a key role as the Ducks' second-line centre while matching up defensively against many teams' top scorers.

Kesler also had seven goals and six assists in a standout playoff effort as the three-time Pacific Division champion Ducks fell one game short of the Stanley Cup Final, losing to Chicago in the Western Conference finals.

"That group is not satisfied until we win a Stanley Cup. When we do win that Stanley Cup, I don't think we'll be satisfied then, either," said Kesler. "We're going to want another one. We were one game away from going to the final, and that experience will help us next year."

Kesler has one year left on his current contract. His new deal has an average annual value of $6.875 million and extends through the 2021-22 season, when he will be 37 years old — not that he's counting.

"This isn't my last contract," Kesler said. "I want another one after this." The deal still provides extraordinary long-term security for a player in his 30s, but the Ducks are banking on Kesler being a key part of their near future as they attempt to breach the final barriers to the franchise's second championship.

THE ASSOCIATED PRESS

Ducks' centre Ryan Kesler

JEFF GROSS/GETTY IMAGES

Cowboys wide receiver Dez Bryant reeled in a league-best 16 receiving touchdowns in 2014. RONALD MARTINEZ/GETTY IMAGES

Bryant hauls in $70M deal

NFL

All-Pro receiver and Cowboys end standoff with 5-year pact

Dez Bryant and the Dallas Cowboys have the long-term contract both sides said they wanted during a long stalemate that came right up against the deadline to get a deal done.

The All-Pro receiver signed the five-year, $70-million deal Wednesday, less than an hour before he would have run out of time to play under anything other than a one-year agreement in 2015.

A person close to the negotiations provided contract terms to The Associated Press because they weren't announced. The deal, which includes $45 million in guaranteed money, is similar to one that Denver receiver Demaryius Thomas got at about the same time as Bryant.

The 26-year-old Bryant, who led the NFL in receiving touchdowns with 16 last season, had threatened to skip training camp and regular-season games without a contract to replace the $12.8-million offer for one year he had under the franchise tag.

56

Bryant has more catches (381), yards (5,424) and touchdowns (56) through five years than any receiver in Cowboys franchise history — a list that includes Hall of Famers Michael Irvin and Bob Hayes.

Once the sides got close enough, Bryant rode to the team's Valley Ranch headquarters. He was pictured there signing the contract with his son in his arms.

"I smiled the whole way over here. I couldn't even say nothing but just smile and laugh, because I couldn't believe it," Bryant said in a story on the team's website. "All I could just think about is that it's a dream — a dream come true. I think the only thing that's missing is a Super Bowl."

Now the Cowboys can focus on defending their NFC East title and trying to make a deeper playoff run after one that ended on Bryant's much-debated catch that wasn't in a divisional-round loss to Green Bay.

The deal also ended the contract-related drama that filled the off-season for the Cowboys. First, they decided not to match Philadelphia's offer on running back DeMarco Murray in free agency, and let the NFL rushing leader go to one of their division rivals. Then the focus turned to Bryant, who has the most receiving touchdowns in the league since 2010, when Dallas drafted him late in the first round after his stock fell over concerns about off-the-field issues.

"As well as we know him, you see the kind of commitment that we've made here," Cowboys owner Jerry Jones said. "That says everything about what we feel about him on and off the field. He's made tremendous strides since he came out of college, relative to his complete maturation." THE ASSOCIATED PRESS

DEADLINE DEALS

The Kansas City Chiefs ended up with a big bargain the last time they signed Justin Houston. This time, it's the star linebacker who's cashing in.

Houston became the highest-paid linebacker in NFL history Wednesday when he agreed to a six-year, $101-million contract, over half of which is guaranteed, hours before the Wednesday deadline for players who had franchise tags to sign long-term deals.

Houston has made three consecutive Pro Bowls and recorded 22 sacks last season. He has made roughly $3 million over the course of his rookie contract.

Meanwhile, Demaryius Thomas's new five-year $70-million contract with the Broncos is the biggest in franchise history, and includes $43.5 million guaranteed.

Justin Houston THE ASSOCIATED PRESS

CFL

Riders' Chamblin defiant amid criticism

The Saskatchewan Roughriders are the CFL's lone winless team but head coach Corey Chamblin has a message for the club's rabid fans: Relax.

"The only thing that's been truly lost in this season is the ability right now to go 16-2 for the regular season," Chamblin told reporters earlier this week. "We haven't lost the Grey Cup, we haven't lost first place, we haven't lost home-field advantage, we haven't lost anything so no matter how you paint the picture at some point I knew we'd lose at least three games during the damn season."

> **They (upset fans) can come and stand here and boo me every day. At the end of the day I get a paycheque and I am doing my job.**
> Roughriders head coach Corey Chamblin

Chamblin guided the Riders to a Grey Cup title in 2013, but Saskatchewan is 0-3 heading into a rematch at home against the B.C. Lions (1-1), who rallied for a 35-32 win last weekend in Vancouver.

In fact, the Riders have held fourth-quarter leads in all three of their losses, prompting some Saskatchewan fans to ask for Chamblin's head.

"There's two podiums waiting at the end of the year — a championship podium or a cross," Chamblin said. "I'm prepared for either one of them.

"At the end of the day, I'll still work and I'll still be a great coach whether it's here in Saskatchewan this year or somewhere else the next couple of years. So to be honest, I don't give a damn about that."

Optimism was high in Regina this year with Darian Durant returning from an elbow injury. But the veteran quarterback suffered a season-ending Achilles injury in the season opener. And although veteran Kevin Glenn has been solid as Durant's replacement it hasn't translated into wins. THE CANADIAN PRESS

Head coach Corey Chamblin and the Roughriders are 0-3 heading into their matchup with the Lions on Friday. BRENT JUST/GETTY IMAGES

RECIPE Barbecue Chicken Sandwiches with Cider Coleslaw

EAT LIGHT AT HOME

Rose Reisman
rosereisman.com
@rosereisman

Great lunch item that's easy to prepare. You can always grill boneless chicken breasts if you don't have leftovers.
Serves 6.

Ready in
Prep time: 15 minutes

Ingredients
- 1 cup barbecue sauce, heated
- 4 cups diced cooked chicken, leftover or rotisserie
- 1/3 cup diced green onions
- 3 Tbsp chopped cilantro or parsley
- 3 cups packaged coleslaw mixture
- 1/4 cup light mayonnaise
- 2 Tbsp apple cider vinegar
- 6 hamburger buns, toasted
- 6 pieces romaine lettuce
- 6 slices tomato

Directions
1. Combine hot BBQ sauce, chicken, green onions and cilantro in a bowl.

2. Separately, combine coleslaw, mayonnaise and vinegar in a bowl.

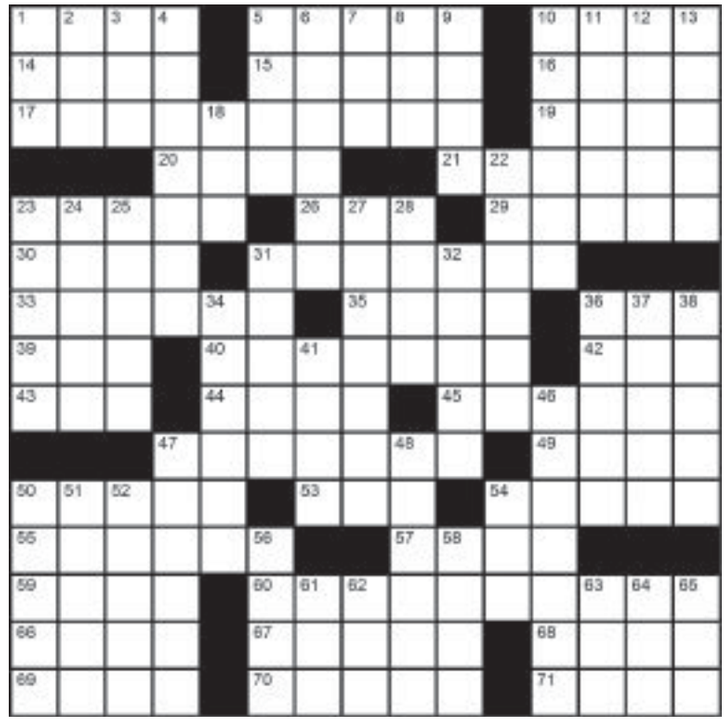
3. Place lettuce and tomato on bottom of buns. Divide chicken mixture over top and then coleslaw.

Nutrition per serving
- Calories 301
- Protein 32.5 g
- Carbohydrates 47 g
- Fat 4.1 g
- Saturated fat 0.3 g
- Cholesterol 44 mg
- Sodium 698 mg
- Fibre 7 g

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. __ Gold (Canadian brand of pretzels since 1917)
5. Singer known for her numbered albums
10. Outfit
14. Cream-filled cookie
15. Red carpet cars
16. Away from the wind, at sea
17. Party mix pieces: 2 wds.
19. Lemon's friend
20. Slacken
21. Cream-filled pastry
23. Sculptor of ancient Athens known for the Discus Thrower
26. Bar drink
29. Party givers
30. Hairdo
31. "Hurdy Gurdy Man" singer
33. Hearty laugh
35. Shades
36. Morn's follower
39. Gwen's "Rich Girl" collaborator
40. Rebels/rule breakers
42. Former bird of New Zealand
43. 'Ballad' suffix
44. Thaw
45. The __: Canadian punk band known for "New York City"
47. Type of grill
49. Burden
50. Bustling
53. The Guess __
54. Literary genre
55. Billy's beard?
57. Canadian comedian Caroline
59. Long-range weapon, commonly
60. Canadian invented kitchen gadget to zest oranges, grate garlic, etc.
66. Bug type
67. Rarified fluid in the veins of ancient Greek gods
68. Prime Minister William __ Mackenzie King (b.1874 - d.1950)
69. Fork-tailed sea bird
70. "You __" by Alanis Morissette
71. Archery bow trees

DOWN
1. Steal
2. Parry Sound, Ontario-born hockey legend Bobby
3. Grazing grassland
4. Fall asleep: 2 wds.
5. Shakespeare's __ Well That Ends Well
6. Money, informally
7. Flightless flapper
8. Batch
9. Latin 'being'
10. Gas quantity
11. Old Jennifer Garner series
12. Send payment
13. Labatt products
18. Canadian singer/songwriter Mr. Tyson
22. Ballerina's gliding step
23. The Cremation of Sam __ (Yukon-set poem by Robert Service)
24. James Taylor hit: "__ Got a Friend"
25. More abundant
27. Disconnect the trailer from the car
28. Grimace
31. Dork
32. Rigoletto opera composer
34. Like, as a work of art
36. __ acid
37. Concentrate
38. Cup, in a Montreal restaurant
41. Imperfection
46. Respectably/virtuously
47. Bret "The __" Hart, Canadian wrestling legend
48. Shriek!-inducing film genre
50. Don't look __ horse in the mouth
51. Architectural base
52. Southern Alberta town
54. Sprightliness
56. Early filmdom's Mr. Jannings
58. Highway honker
61. Frozen stuff
62. Pussycat Dolls hit: "Don't __"
63. Pirate's positive
64. This moment
65. Nav. rank

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Forget about the past, it is over and done with. Only the future counts and today's new moon means the future starts for you right here and right now.

Taurus April 21 - May 21
You need to come out of your shell and remind the world that you exist. Don't limit yourself to the tried and tested: the more you experiment the more likely it is you will find what you are looking for – and others will value your worth.

Gemini May 22 - June 21
The new moon indicates that if someone makes you an offer of a financial nature it is most likely on the level and should be seriously considered.

Cancer June 22 - July 23
Others may doubt that you are on the right track but with the new moon on your side you will win them over before the end of the day. This is your time of year.

Leo July 24 - Aug. 23
Do what makes you happy rather than what makes friends and family happy. If you don't feel like socializing or travelling or communicating over the next 24 hours, then don't.

Virgo Aug. 24 - Sept. 23
Do you change with the times or do you expect the times to change for you? The latter isn't going to happen, of course, so forget it and get to work on a project that will dovetail nicely with the new world you find yourself in.

Libra Sept. 24 - Oct. 23
Today's new moon will give you the courage to stand up and take charge. What happens over the next 24 hours could change the working course of your life dramatically.

Scorpio Oct. 24 - Nov. 22
Don't worry about minor matters today because it is the big picture you should be looking at now. Take an overview of what is happening, both in your personal affairs and in the world at large. What you see will surely delight you.

Sagittarius Nov. 23 - Dec. 21
Focus on what is truly important today: your long-term financial security. What you begin over the next 24 hours will pay big dividends in the not-too-distant future.

Capricorn Dec. 22 - Jan. 20
You will have to work hard to overcome some sort of challenge today. But anyone who thinks they are tough enough to take you on and win will soon be nursing their wounds!

Aquarius Jan. 21 - Feb. 19
You must be pragmatic and deal with each situation as it arises and on its own terms. There is no point complaining about those who are dragging their feet or doing things the wrong way.

Pisces Feb. 20 - March 20
Amazing things will happen for no apparent reason over the next 24 hours. The new moon is well and truly on your side. Creatively and romantically you can do no wrong.

CONCEPTIS SUDOKU by Dave Green

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